

**** Please READ FIRST ****

Important Information about your COVID-19 Test and Procedure

To keep you safe, there are procedures and policies we have added to our normal preparation. The first safety measure is that you must be tested for COVID-19 infection **3 days (72-hours) prior to the date of your GI procedure**. You will be scheduled for your COVID test at the time of scheduling your procedure appointment. If you do not have a scheduled COVID test, please go to NorthShoreConnect to schedule or call 888-364-6400. It is important that you go for your test on the specific day you are scheduled.

Below is a guide when you should get the COVID test.

| Surgery/Procedure day | COVID Testing Date |
|------------------------------|---|
| Monday | Friday before surgery |
| Tuesday | Saturday before surgery |
| Wednesday | Sunday before surgery |
| Thursday | Monday before surgery |
| Friday | Tuesday before surgery |
| Saturday | Wednesday before surgery |
| Sunday | Thursday before surgery *(2 days prior) |

If you miss your testing time, it may impact the ability to proceed with your scheduled procedure. **Immediately following your COVID-19 test and continuing to the date of your GI procedure, you must quarantine in your home and isolate yourself from others within your home.** You should try to stay in a specific room and away from other people in your home. If interaction is necessary, maintain six feet from other household members. You should not go to work, school, or public areas during this time.

COVID-19 Testing Facility and Hours of Operation

Your COVID-19 test needs to be completed at:

**Glenbrook Ambulatory Care Center
2180 Pfingsten Road, Glenview IL**

Hours of Operation:

Monday, Tuesday, and Friday: 8:00 AM to 4:30 PM

Wednesday: 8:00 AM to 12:00 PM

Thursday: CLOSED

Saturday, and Sunday: 8:00 AM to 2:00 PM

We encourage you to visit www.northshore.org for updates to the hours of operation before visiting the site. **You will need to bring photo identification with you.**

Please be advised that there may be a wait.

Revised November 2020

I. Prior to arriving for the COVID-19 Test

Be sure that you have an appointment for the COVID test.

If you are **active on NorthShore Connect**: A message indicating you are eligible for COVID testing was sent to your NSC Inbox/Message Center. When you arrive on site, please be prepared to show this message on your mobile device (you can download the NSC app from the Apple App Store or Google Play) or bring a printed copy of the message to the testing facility.

If you are **inactive or do not have a NorthShore Connect**: Upon arrival at the testing facility, please inform the staff that you have an appointment for pre-procedure testing. The staff will verify that you have a testing appointment scheduled. This information is in our Electronic Medical Record prior to testing.

Please arrive at your designated appointment time.

II. At COVID-19 Test Facility (2180 Pfingsten Road)

- Follow the directional signs and staff instructions.
- The testing process involves staff inserting a swab into your nose and/or throat.
- You will receive results via NorthShoreConnect or via telephone call in approximately 1-2 days.

III. When Arriving for Your GI Procedure / Visitor Guidelines

There will be additional steps taken for your safety when you come to the GI location for your procedure:

- Please arrive 30 minutes before the GI procedure.
- Patients presenting for their GI procedures should check in alone if possible.
- If you require a companion to check in, only one person will be allowed to accompany you. This person will be asked to wear a mask and will be asked to wait in their car until the procedure is completed at which time we will call them and ask them to return and pick you up. In rare instances, if the companion is unable to wait in their car, the companion will undergo the screening, and if they pass the screening, will be allowed to wait in the waiting room with their mask on for the duration of the procedure.
- Wear a face covering upon arrival. All staff will be wearing masks for your protection as well. If you do not have a mask, we will provide you with one.
- Prior to entering the GI location, your temperature will be checked, and you will need to answer several COVID-19 screening questions.

Possible Procedure Date Changes to Comply with Illinois Safety Guidelines

There is a possibility that our plan for your GI procedure could change. Your NorthShore GI care team is operating within the safety guidelines from Governor Pritzker and the Illinois Department of Public Health. If circumstances change, there may be a need to reschedule. Any future change to this plan would be done for your safety.



Colonoscopy 2-Day Prep Instructions: MiraLAX (1 week before), Trilyte, Bisacodyl, & Magnesium Citrate

Please read these instructions one week prior to your procedure.

What is a colonoscopy? A colonoscopy is a procedure that enables your physician to examine the lining of the colon for abnormalities by inserting a flexible tube into the anus and advancing it slowly into the rectum and colon.

When should I arrive and how long will the procedure take? Please arrive at the GI Lab 30 minutes prior to your procedure so nursing, anesthesia (if applicable), and physician can evaluate and prepare you for your procedure. Plan to spend approximately 1 ½-2 hours at the GI Lab.

Please note: The time your procedure is scheduled is our best estimation as to when your procedure will begin. Circumstances may arise (i.e. emergent cases) that may change the scheduled time. We will do our best to notify you of any changes in the schedule.

GI Lab Locations

| | | | | |
|---|-----------------------|-----------------------|-------------------------|--------------|
| Evanston Hospital | 2650 Ridge Ave. | Room 1134 | Evanston, IL 60201 | 847-570-2236 |
| Glenbrook Hospital | 2100 Pfingsten Rd. | 1 st Floor | Glenview, IL 60026 | 847-657-5780 |
| Highland Park Hospital | 777 Park Ave West | B345 | Highland Park, IL 60035 | 847-480-2828 |
| Highland Park Medical Group Gastroenterology | 1777 Green Bay Rd. | Sutie 201 | Highland Park, IL 60035 | 847-681-4229 |
| Skokie Hospital | 9600 Gross Point Rd. | 1 st Floor | Skokie, IL 60076 | 847-933-6565 |
| Vernon Hills Specialty Suites | 225 N. Milwaukee Ave. | 1 st Floor | Vernon Hills, IL 60061 | 847-941-7660 |

What should I do if I am a diabetic? Please contact your primary care physician (PCP) in regards to taking your diabetes medications prior to your procedure.

What should I do if I am on blood thinners or have a cardiac stent? If you have a cardiac stent or you are on a medication such as Coumadin, Plavix, Ticlid, Lovenox, Pradaxa, Xarelto or any other blood thinner, please contact your prescribing physician to determine whether you should discontinue this medication prior to the procedure. Please notify our office if you are advised not to stop one or more of these medications. It is OK to continue aspirin or other NSAIDs (Advil, Aleve, Ibuprofen, etc) prior to your procedure.

What should I do if I have a heart defibrillator or pacemaker? Your device must be checked within 6 months of your scheduled procedure. If it has not been checked at a NorthShore facility, please bring documentation on the day of your procedure confirming that it has been checked at another facility.

If you have a defibrillator or pacemaker, please contact the GI Lab prior to your scheduled procedure.

- Glenbrook GI Lab: (847) 657-5780
- Evanston GI Lab: (847) 570-2236
- Highland Park GI Lab: (847) 480-2828
- Ravinia GI Lab: (847) 681-4229
- Skokie GI Lab: (847) 933-6565
- Vernon Hills GI Lab: (847) 941-7660

1 WEEK BEFORE YOUR PROCEDURE:

Purchase 1 bottle of *Magnesium Citrate (300ml)* and *MiraLAX* from your pharmacy (no prescriptions are needed). Pick up your *Trilyte* and *4 Bisacodyl tablets* prescription from your pharmacy.

- **STEP 1** – Begin taking 1 capful of MiraLAX daily.
 - Discontinue iron pills, pepto bismol, and herbal supplements.
 - If possible, do not eat seeds, nuts or corn for the week prior to the procedure.
 - If you are concerned about nausea related to drinking large amounts of fluid from the bowel preparation, call our office (847) 657-1900 to request a prescription for an anti-nausea medication.
 - Go online to <http://www.my-emmi.com/northshore> to watch a brief informational program on a colonoscopy.
 - **Check with your insurance company** to see if you need to be pre-certified before the procedure or if you need to get a referral from your primary care physician (PCP).

2 DAYS BEFORE YOUR PROCEDURE:

- **STEP 1** – Take one dose of MiraLAX in the morning.
- **STEP 2** – At 4pm, take 300 ml of Magnesium Citrate. You will follow a clear liquid diet all day. No red or purple liquids. Only the following liquids are allowed:

| | |
|------------|--|
| Soups: | Clear bouillon, broth, or consommé. |
| Beverages: | Tea, coffee, decaffeinated tea/coffee, kool-aid, gatorade, clear carbonated beverages such as 7UP, Sprite or ginger ale. DO NOT put any milk or cream product in your tea or coffee. |
| Juices: | Apple, white grape juice, strained lemonade, limeade, orange drink, Crystal Light. Any juice you can see through and has no pulp is acceptable. |
| Dessert: | Water ices, Italian ices, popsicles, JELL-O, hard candy. |

1 DAY BEFORE YOUR PROCEDURE:

- **STEP 1** - In the morning, prepare the TriLyte solution according to the instructions on the container and refrigerate for use that evening. You will follow a clear liquid diet all day. No red or purple liquids. See approved clear liquid items above.
- **STEP 2** - At 12pm, begin your preparation by taking 2 Bisacodyl tablets with water. Do not crush or chew the tablets. Do not take the Bisacodyl tablets within one hour of taking an antacid.
- **STEP 3** - At 2pm, take the remaining 2 Bisacodyl tablets with water. Do not crush or chew the tablets.
- **STEP 4** - At 5pm, begin to drink the TriLyte solution over the next 2-3 hours as instructed. Drink 8 oz every 10-20 minutes for a total of twelve 8-oz glasses (3 liters). Containers may or may not have markings at 1, 2, and 3 liters on the side of the TriLyte container. You must finish all 3 liters (3/4 of the container). **Save the remaining 1 liter of TriLyte solution for use in the AM.**
 - *Note: If drinking rapidly causes stomach upset, you can drink the fluid more slowly, but should plan to finish the solution. Drinking with a straw may help with the taste. Try sucking on a lemon drop between glasses. If you cannot complete the prep or vomit, please call our office at (847) 657-1900 to speak with one of our doctors.*

DO NOT eat or drink anything after midnight except the morning dose of TriLyte as directed.

What should I expect after starting the bowel preparation? You will begin having multiple watery bowel movements. Initially, you may feel slightly bloated but will become more comfortable as you continue to have bowel movements. Diarrhea may continue after you finish drinking the solution.

THE DAY OF YOUR PROCEDURE:

DO NOT eat or drink anything except the morning dose of TriLyte as directed. Completing the AM TriLyte dose is essential to optimize visualization of the colon.

- **STEP 1** - 3 hours before your procedure (i.e. 5am for an 8am procedure), drink four 8-oz glasses of TriLyte (1 liter). **Stop drinking TriLyte 2 hours before your procedure.**
 - *Note: If you are concerned that drinking 1 liters of fluid in one hour will upset your stomach, start earlier than three hours before your procedure time because you cannot drink any of the bowel preparation in the two hours prior to your scheduled procedure.*

Should I take my medications on the morning of the procedure? If you take heart or blood pressure medication, you should take it on the morning of the procedure with a small sip of water. Other medications can be taken following the procedure unless otherwise instructed by your doctor.

Things to Remember:

- An adult **must** be available to accompany you home in a timely manner after completion of your procedure; typically this is 2-3 hours after your procedure start time. If you plan to take public transportation (i.e. taxi, train, Uber, or Lyft), you will need to arrange for an adult to accompany you.
- Sedation is used during the procedure and it will be unsafe for you to drive or operate any machinery for the remainder of the day.
- If you wear contact lens, **do not** wear them the day of your procedure. Please bring your glasses.
- You will not be able to return to work the day of your procedure. You should not make any important decisions for the remainder of the day.
- If you need to talk with a nurse, or cancel your procedure, please contact our office at (847) 657-1900. If you must cancel your procedure, please notify our office at least one week prior to your scheduled procedure date.



Colonoscopy Insurance Coverage Information You Should Know

You are scheduled for a colonoscopy, an examination of the colon (large intestine) with a lighted flexible scope. During the colonoscopy, if an abnormality is seen, it is biopsied at that time. A biopsy involves removing a portion or all of the abnormal area for processing and subsequent examination under a microscope.

Insurance companies treat a colonoscopy in different ways depending on your company's benefit plan. Please be aware that if your colonoscopy has been scheduled for a "screening" (meaning you have no symptoms with your bowels) and your doctor finds a polyp or tissue that has to be removed during the procedure, this colonoscopy is no longer considered a screening procedure. Your insurance benefits may change and your insurance policy may pay differently.

Please check with your insurance carrier to verify if you need pre-approval (or pre-certification) and that you understand your financial responsibility for the procedure prior to starting your colon cleansing preparation. There should be a number to call on the back of your insurance card. Depending on your insurance carrier, your procedure may be considered surgical and deductibles and co-pays may apply. Please contact your insurance carrier for additional information regarding your coverage.

For more information, please refer to the NorthShore website:

<https://www.northshore.org/gastroenterology/>

Division of Gastroenterology
Medical Group
NorthShore University HealthSystem

